

Breakfasts...Starting the Day Out Right

By Debbie Kent

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Peaceofpreparedness.com

BARS, BREADS AND COFFEE CAKES

Banana Bread

(“I’ve got Food Storage Now What?”)

2 c. whole wheat flour	¾ c. honey	½ c. butter
1 t. baking soda	2 eggs	½ t. oil
3 ripe bananas, smashed		

Mix well and fill greased loaf pan, fill ¾ full. Bake at 325° for 60 minutes.

Blueberry Scones

(Mason Jar Soup-to-Nuts Cookbook, p. 52)

2 c. flour	1 c. dried blueberries	1/3 c. sugar
¼ c. dry milk	2 t. baking powder	1 t. lemon peel
¼ t. salt	1 T. egg powder	

Mix all above ingredients. Cut in 1/3 c. vegetable shortening until mixture is crumbly the add 1/3 c. water, and stir just until moistened. Do not over stir. Gently knead dough on floured surface 12-15 times. Pat into ½ thick circle. Cut dough into 2 ½ inch circles. Place 1” apart on ungreased baking sheet. Bake at 400° for 12-15 minutes

Variation: For Cinnamon Raisin Scones: replace blueberries with dark raisins and replace lemon peel with 1 t. cinnamon.

Chewy Fruit And Oatmeal Bars

(quakeroats.com)

¾ c. brown sugar	½ c. granulated sugar	1-8oz vanilla or plain yogurt
1 egg, lightly beaten	2 T. vegetable oil	2 T. skim milk
2 t. vanilla	1 ½ c. flour	1 t. baking soda
1 t. ground cinnamon	½ t. salt	3 c. oats, uncooked
1 c. dried fruit, diced		

Heat oven to 350° F. In large bowl, combine sugars, yogurt, egg whites, oil, milk, and vanilla; mix well. In medium bowl, combine flour, baking soda, cinnamon and salt; mix well. Add to yogurt mixture; mix well; Stir in oats and fruit. Spread dough onto bottom of ungreased, 13 x 9 baking pan. Bake 28-32 minutes or until light golden brown. Cool completely on wire rack. Cut into bars. Store tightly covered.

Cinnamon Rolls

Carita Reis (Debbie's grandma)

Makes 15.

1 pkg dry yeast (1 ½ T)	1 c. warm water	¼ c. sugar
1 t. salt	2 T. butter, soft	1 egg
3 ¼-3 ½ c. flour	2 T. + ½ c. butter	½ c. sugar
2 t. cinnamon	1 c. brown sugar	3 T. light corn syrup
1 c. heavy cream		

In mixing bowl, dissolve yeast in warm water. Stir in sugar, salt, margarine, egg and 2 c. flour. Beat until smooth. Work in remaining flour until dough is easy to handle. Place greased side up in greased bowl. Cover tightly. Refrigerate overnight or up to 3 days.

Grease 9x13 pan. In small saucepan, heat: ½ c. butter, brown sugar and corn syrup until heated and smooth. Pour into bottom of 9x13 pan. Roll out dough into 15"x9" rectangle. Spread with 2 T. melted butter. Mix cinnamon and sugar and sprinkle evenly over melted butter. Roll up from long side into roll. Slice into 1" rolls. Place in 9x13 pan, 5 rows down, 3 rows across. Let raise for 1 ½ hours, until then reach top of pan. Pour cream evenly over rolls and bake at 375° for 30 minutes. Let cool for 5 minutes. Put cookie sheet with sides, over top over roll pan and flip over. Eat while warm.

Double Crunch Granola Bars

(Quaker Oatmeal.com)

4 1/2 c. Rolled Oats	1 ½ c. chopped nuts	1 c. brown sugar
¾ c. butter or marg. melted	½ c. honey or corn syrup	1 t. vanilla
½ t. salt (opt)		

Preheat oven to 350° F. Combine all ingredients, mix well. Press firmly into well greased 15" x 10" cookie sheet. Bake 10-12 minutes or until golden brown and bubbly. Cool thoroughly: cut into squares.

Early Morning Coffee Cake

(letzcook.blogspot.com)

1 c butter flavored crisco	¾ c. brown sugar	½ c. sugar
2 eggs	1/4 t. salt	1/3 c. evaporated milk
2 tsp vanilla	2 c flour	

Topping:

1 c. flour	½ c. melted butter	1 c. brown sugar
1 t. cinnamon	½ c. chopped nuts	

Mix topping, set aside. Cream butter and sugars. Add eggs, one at a time, and beat. Combine flour, baking soda and salt. Add alternately with milk and vanilla. Pour batter in 9x13 inch buttered cake pan or angel food pan. Sprinkle with topping and bake 1 hour at 350°F.

Energy Bars

(wheatfoods.org)

1 c. bran flakes cereal	¼ c. wheat bran	¼ c. wheat germ
1 ½ t. orange zest	¼ c. orange juice	1 c. dried fruit, chopped
1 egg, beaten	¼ c. vegetable oil	½ c. applesauce
½ c. honey	1/3 c. powdered milk	¾ c. whole wheat flour
¾ c. all-purpose flour	¼ t. baking soda	

Preheat oven to 350°. Grease a 13 x 9 x 2 inch pan. In medium bowl, combine cereal, bran, wheat germ, orange zest and juice, dried fruit, egg, oil, applesauce, honey and milk powder; blend well. Let set 5 minutes. In large bowl, stir together flours and soda. Stir in the first mixture and mix until all ingredients are combined. Spread batter evenly in pan. Bake 15-17 minute or until golden. Cool. Makes 20 bars.

Fruit And Honey Oatmeal Bars

(quakeroats.com)

¼ c. honey	4 T. margarine or butter	3 T. sugar
¼ t. cinnamon	1 1/3 c. dried fruit	1 ½ c. crispy rice cereal
1 c. oats, uncooked		

In medium saucepan, heat honey, margarine, sugar and cinnamon over medium-low heat until margarine is melted, stirring frequently. Bring to a boil; cook 1 minute, stirring constantly. Remove from heat. Stir in dried fruit, rice cereal and oats until evenly coated. Press mixture evenly onto bottom of ungreased 8" square baking pan. Cool completely. Cut into bars. Store tightly covered in refrigerator.

Navajo Fry Bread

(Debbie Kent)

3 c. flour	2 T. sugar	2 t. salt
2 T. baking powder	¼ c. powdered milk	1 ¼- 1 1/2 c. warm water
Oil for Frying		

Mix dry ingredients together. Add water and mix. Let rise for 5 minutes. (The less handled the better). Take small handful and pat into cake using some flour. Fry in oil over medium heat until golden brown. Serve with honey butter, jam or cinnamon sugar or powdered sugar.

Oatmeal Breakfast Bars

3 c. oatmeal	1 c Whole Wheat flour	1/4 c brown sugar
2 T white sugar	1/2 tsp salt	1/2 tsp soda
1/2 tsp cinnamon	¼ t. nutmeg	¼ C. dry milk
½ C. applesauce	3/4 c oil	1/4 c water
1 egg	1 tsp vanilla	1/2 c choc chips
1/2 c raisins/dried fruit	½ C. chopped nuts	½ C. coconut

Combine dry ingredients. Add wet ingredients and mix well. Stir in any optional ingredients. Pat to 1/2 inch on a cookie sheet or in a 9x13 dripper pan. They can be scooped and dropped on a cookie sheet but need to be flattened. Bake at 350° for 14-16 min (bars) cookies 12-15 min. Makes 12 to 15 good-sized cookies. Best eaten warm.

Oatmeal Squares

(Janelle Cornwall)

4 c. oatmeal 1 c. melted butter 2 c. brown sugar
Mix oats and sugar. Pour butter over mixture and mix well. Press firmly into cookie sheet.
Bake 350 for 10 to 12 minutes or until light, golden brown. Cut before completely cool.

Peanut Butter-Chocolate Chip Granola Bars

(quakeroats.com)

1 c. brown sugar	2/3 c. creamy peanut butter	1/2 c. marg. or butter
1/2 c. light corn syrup	2 t. vanilla	3 c. oats, uncooked
1-1/2 c. hocolate chips	3/4 c. c. shredded coconut	1/2 c. raisins
1/3 c. Wheat Germ		

Preheat oven to 350°. Beat brown sugar, peanut butter and margarine until fluffy. Add corn syrup and vanilla, mix well. Stir in oats, chocolate chips, coconut, raisins and wheat germ. Press onto bottom of ungreased 13 x 9" baking pan. Bake 15 to 20 minutes or until light golden brown. Chill 1-1/2 hours or until firm. Store loosely covered. Makes 26 bars.

Whole Wheat Zucchini Bread

("I've got Food Storage Now What?")

2 c. sugar	1 t. salt	1 c. oil
1 t. baking soda	3 eggs, beaten	3 t. cinnamon
2 zucchini, grated	1/4 t. baking powder	3 t. vanilla

3 c. whole wheat flour (or 1/2 white) 1/2 c. chopped nuts
Mix sugar, oil, eggs, zucchini and vanilla in large bowl. Sift together in separate bowl dry ingredients (except nuts). Add dry ingredients to wet ingredients stirring to combine well. Add nuts. Fill greased loaf pans. Bake at 350° for 45-60 min. Makes 2 loaves.

Take Along Breakfast Treat

(Wheat Cookin' Made Easy)

1 c. brown sugar	1/2 c. butter or margarine	1/2 c. peanut butter
1 egg	1 t. vanilla	1 c. rolled oats
1 c. dry fruit, chopped	3/4 c. whole-wheat flour	1/2 c. dry milk
1/4 c. wheat germ	3/4 t. salt	1.4 t. baking powder
1/4 t. baking soda	3 T. water	

In large bowl, beat: sugar, butter and peanut butter until smooth then beat in egg and vanilla. When blended add rest of ingredients. Divide dough into 9 balls (about 1/4 c. each). Place on greased baking sheet; flatten balls into 4" circle. Bake at 375° for 10-12 minutes, until edges lightly browned. Cool on baking sheet.

BREAKFAST MEALS

Amish Breakfast Casserole

2 c. bacon crumbles ¼ c dried onion, soaked 6 T. egg powder
3 T. milk powder 2 c. DH hashbrowns, soaked 1 c. water
2 c. FD shredded cheddar cheese 1-1/2 c. cottage cheese 1-1/4 c. shredded Swiss cheese

Directions:

Drain, soaked DH foods. In a bowl, combine the ingredients. Transfer to a greased 13-in. x 9-in. x 2-in. baking dish. Bake, uncovered, at 350° for 35-40 minutes or until set and bubbly. Let stand for 10 minutes before cutting. Yield: 12 servings.

Bacon Brunch Pie

([fooddownunder.com/Debbie Kent](http://fooddownunder.com/Debbie_Kent))

2/3 c. Nonfat Milk Powder 1 c. water 1/2 c. + 1 T Super Quick Mix
2 T. DH peppers, rehydrated 2 eggs (2T dry+4T water) 1/2 c. Bacon Bits
3/4 c. shredded cheese (3 T. cheese spread) 1/2 c. finely chopped onion
1/8 t. black pepper

Preheat oven to 375 degrees. Spray a 9-inch pie plate with cooking spray. In a large bowl, sift together: baking mix, dry milk powder, and (dry eggs). Add peppers and water (fresh eggs). Mix well to combine. Stir in bacon bits, cheese, onion and black pepper. Spread batter into prepared pie plate. Bake for 30 to 40 minutes or until a knife inserted near the center comes out clean. Place pie plate on a wire rack and let set for 5 minutes. Cut into 6 servings.

Baked Oatmeal

(Anna Williams)

3 cups old fashioned oats 1 c. brown sugar or white 2 tsp baking powder
1 tsp cinnamon 1 tsp salt

Mix in large bowl.

Beat :

2 eggs 1 cup milk 1/2 cup melted butter.

Add to above ingredients, blend. Bake in greased, 9' square pan at 350° for 35-40 minutes or until set. Serve warm with milk. Serves 9.

Opt: Add 1/2 c. reconstituted apples, raisins or other fruit and/or nuts.

Hash Brown Fritters with Brown Sugar Syrup

(The Everyday Gourmet p.152)

3 c. boiling water 1 ½ c. dried hashbrowns 1 T. dried onion
4 ½ heaping T. instant milk pdr. 4 ½ heaping T. egg powder 3 T. flour
1 ½ t. salt pinch pepper oil

Soak potatoes and onions in boiling water for 20 minutes. Don't let get too soft. Drain. Whisk together remaining dry ingredients, add 1/3 c. water and mix well. Add potatoes and spoon 3 T per fritter onto a hot grease skillet. Use the back of the spoon to smooth out the fritter. Cook over medium heat until golden brown on each side. Serve with hot syrup.

COLD CEREALS

Cranberry And Pine Nut Granola

(submitted by Deeann Hayworth)

1¼ sticks (⅝ cup) melted butter	½ cup honey	4 c. of rolled oats
1 cup slivered almonds	½ cup pecan halves	½ cup pine nuts
½ tsp cinnamon (opt)	½ tsp nutmeg	½ c. brown sugar
1 ½ c. dried cranberries	¾ c. coconut	

Heat oven to 325° F. Combine melted butter and honey (and sugar for sweeter/chewier granola). Mix the dry ingredients items together, and then mix in the butter and honey mixture, and then pour the resulting mixture into a greased, 10x14 inch baking dish, the mixture will be about 1" high. Bake for 20 minutes. While this is baking mix together coconut and cranberries. Sprinkle the fruit mixture on top and mix the two parts together (I use a large metal Tbsp). Return to the oven and bake for 7 minutes. Let cool uncovered.

Dry Cereal Mix

(Wheat Cookin' Made Easy)

4 c. oats	1 T. sunflower seeds	1 c. Whole Wheat flour
2 ½ c. wheat germ	1 c. coconut	2 t. cinnamon
2 T. sesame seeds	1 c. corn meal	1 t. vanilla
½ c. honey	½ c. vegetable oil	

Combine dry ingredients and mix well. Add honey, vanilla and oil. Mix thoroughly (with hands). Spread evenly on 2 large ungreased pans and bake 30 minutes at 300°, stir every 10 minutes. Store in airtight container. For variety, dried fruits may be added.

Granola Cereal

(Wheat Cookin' Made Easy)

6 c. oats	6 c. rolled wheat	2 c. coconut (optional)
1 c. dry raisins/dates/apples	2 c. honey / brown sugar	1 T. salt
1 T. vanilla	1 ½ c. vegetable oil	1 ½ c. hot water

If honey is used, dissolve it in the hot water. Combine ingredients. Mix well and spread on two large cookie sheets. Bake at 250° for 2 hours stirring often. Cool and store in air tight container.

Good For You Granola

(quakeroats.com)

3 ½ c. rolled oats, uncooked	¼ c. sliced almonds	¼ c. chopped walnuts
1/3 c. honey	¼ c. vegetable oil	1 t. cinnamon
1 t. vanilla	¼ t. nutmeg	

Preheat oven 350°. In large bowl, combine oats, almonds and walnuts. In small bowl, stir together honey, oil, cinnamon, vanilla and nutmeg. Drizzle over oat mixture; mix well. Spread evenly in 13 x 9" baking pan. Bake 15-20 minutes or until golden brown stirring every 5 minutes. Remove from oven; cool completely in pan on wire rack. Store tightly covered for up to 2 weeks.

Granola

(Marlene's Magic with Food Storage pg. 27)

6 c. oats	1 c. powdered milk	1 c. coconut
1 c. whole wheat flour	2 c. oat bran or wheat germ	1 c. peanut butter
1 c. sesame seeds	1 c. pumpkin seeds	1 c. sunflower seeds
2 t. cinnamon	1 c. salad oil	1 c. honey
1 c. raisins (opt)		

Still all dry ingredients in larg bowl. Mix oil, honey and peanut butter together and add to dry mixture. Mix well. Pour into large baking pans and bake at 250° for 1 hour, stirring every 15 minutes. Be sure it is light brown and done. Add raisins when still warm.

Grape Nuts

(Marlene's Magic with Food Storage p. 26)

6 c. whole wheat flour	1 ½ c. brown sugar	1 t. salt
2 c. buttermilk	1 t. baking soda	

Mix all together and press or roll onto 2 cookies and bake at 300° for 1 hour or until dry. Grind with meat grinder to the size of grape nuts and put in oven at 400° until golden brown, about 8 minutes.

Package Cereal

(Marlene's Magic with Food Storage, p. 26)

3 c. milk	2 T. honey	½ t. molasses
4 c. whole wheat flour	1 t. baking soda	¾ c. brown sugar
1 t. salt		

Mix milk, honey and molasses until dissolved. Combine and mix dry ingredients together then combine with wet ingredients. Beat until smooth. Spread ¼" thick on at least 2 cookie sheets. Bake at 350° for 45 minutes or until crisp and golden. If center is not crisp remove edges as then become brown to prevent burnt edges. Let cool, then grind in a good grinder with course blade. Store in air tight container. Makes 6 cups.

DRINKS AND SMOOTHIES

Cocoa Mix

1 lb Nestles Quik	8 qts powdered milk
6 oz Coffee Mate	1 lb Powdered Sugar

Mix and store in air tight container. To make, mix 4 T. cocoa mix with 8 oz hot water.

Instant Breakfast

(Simply Ready)

1 c. ice cold water	¼ c. non-instant milk or ½ c. instant milk powder	
1 egg (1 T. egg powder)	½ c. fresh or canned fruit	1 T. sugar or honey

Blend all ingredients until smooth. Serves 1-2.

Orange Punch

5 c. cold water	1 c. nonfat dry milk	12-ounce frozen orange juice
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Mix water with milk powder and add frozen juice. Stir well or blend. Chill and serve. Makes 4 servings.

Rice Milk

(Mesa Kimball East Stake)

1 ½ c. water
2 t. honey or fructose
½ c. cooked brown rice
1 T. oil
1 t. sesame seeds

Blend all ingredients together in a blender for 2-3 minutes. For drinking strain in a colander lined with gauze cloth. For cooking or on cereals no need to strain, unless desired. Makes @ ½ c.

Yogurt-Fruit Smoothie

(food bank of WNY)

¼ c. yogurt (any flavor)
½ cup frozen orange juice
1/3 c. dry milk
1/2 c. water
1/2 banana
4 ice cubes

Mix all in blender until smooth.

EGG DISHES

Scambled Eggs (Egg Mix)

(Cookin' with Dried Eggs p.6)

1 c. dried whole eggs
1 ½ c. water
2 T. dry milk
½ t. salt

Sprinkle dried egg over the water and beat to blends. Add salt, milk and mix again. Melt in a non-stick pan, some margarine, oil or coat with non-stick spray. Cook over low heat, stirring constantly until dry and crumble. Do not double. For flavor add bacon bits or TVP.

Herb Eggs: Add in ¼ t dried: basil, sage, thyme, tarragon or savory to scrambled egg mixture.

Dilled Eggs: Add in pick of dill weed, garlic powder and pepper to scramble egg mixture.

Mexicali: Add chopped green chilies, ½ t. dried cheese powder dissolved in ¼ t. water just before set.

Huevos Rancheros: In small sauce pan slowly cook: ¼ c. dried tomatoes, ½ t. DH green pepper, ½ t. minced onion and 2/3 c. water. Cook until tender. Add 1/4t sugar and ¼ t salt. Serve over eggs.

Omelet

(Cookin' with Dried Eggs, p.10)

6 T. egg mix
1 T. margarine
1/8 t. pepper
¼ t. salt
½ c + 2 T. water
¼ c. grated cheese

Beat together water, egg mix, salt and pepper. In a medium non-stick skillet, melt the margarine. Pour in the eggs mixture, tilting pan to spread evenly. Let cook over medium heat until the omelet is set, loosen edges. Top with cheese and anything else you would like, when cheese is melted, fold over and serve.

Breakfast Burrito

(The Everyday Gourmet p.102)

Oil
Dash salt
2 warm flour tortillas
Canned green chilies (opt)
6 T. egg powder
¾ c. water
2/3 c. warm beans
salt and pepper to taste
1 T. milk powder
2 T. dried onions, soak, drain
1/2 c. warm rice
Salsa

Whisk together: eggs, milk, dash salt and water, add onions. Cook over medium heat in oiled, non-stick pan until done. On top of tortilla layer, eggs, beans rice, chilies and salsa. Fold in the bottom 1/3 towards the middle and fold sides over tightly, leaving one end open, then eat.

Breakfast Pita

(The Everyday Gourmet p.101)

2+1+3/4 c. boiling water	1/2 c. bacon TVP/bacon bits	1/2 c. dried mushrooms slices
2 t. dried onion	oil	6 T. whole egg powder
1 T. dried milk	pinch salt	2 warm pita breads
1/2 c. warm cheese sauce	1/2 c dried potato slices (gently boil in water until soft)	

Soften bacon TVP in 1 c. boiling water, let stand for 15 minutes in another bowl do the same thing with the mushrooms and onions. Drain food in both bowls. Saute vegetables in a little oil until cooked through. Briskly whisk together eggs, milk, salt and 3/4 c. water. Add to cooked vegetables and finish scrambling. Spoon into pitas and top with salsa or cheese sauce.

Cheese Sauce: Mix together 1/4 c. white cream sauce mix and 1 c. water in small pan, heat, when warm add 1/4 c. cheese powder that has been dissolved in 1/4 c. water. Whisk together, add dash of cayenne pepper and continue to heat and stir until thickened. Great over veggies, pasta or rice.

San Francisco Special

(The Everyday Gourmet p. 99)

1 1/2 + 3/4c. water	1/4 c. dried spinach	1/2 c. dried sausage or bacon
1 T. dried onion	1/2 T. Parmesan cheese	1/4 t. dried oregano
6 T. dried whole egg	1 T. dry milk	pinch salt
2 c. rehydrated hashbrowns, fried		

Mix 1 1/2 c. water, spinach, meat and onion. Let stand 15 minutes or until softened. . Briskly whisk the egg, milk, salt and 3/4 c. water. Drain the vegetable mix then add cheese and oregano. Saute in a greased non-stick skillet about 3 minutes. Pour in egg mixture, stirring gently until eggs are done. Serve with hot hashbrowns and red pepper sauce.

HOT CEREALS

Apricot Honey Oatmeal

(quakeroats.com)

3 1/2 c. water	2 c. oats, uncooked	1/2 c. dried apricots, diced
1/3 c. honey	1/2 t. cinnamon	

In 3-quart saucepan, bring all ingredients to a boil. Reduce heat to low, cook 1 minute for quick oats, 5 minutes for rolled oats. Or until most of liquid is absorbed, stirring occasionally. Serves 4.

Banana Bread Oatmeal

(quakeroats.com)

3 c. milk	3 T. brown sugar	2 c. oats, uncooked
3/4 t. cinnamon	1/4 t. nutmeg	2 ripe bananas, mashed
2 T. pecans, chopped		

In medium saucepan, bring milk, sugar, oats and spices to a boil. (watch carefully) , reduce heat to low/medium. Cook 1 minute for quick / 5 minutes for rolled oats. Remove from heat, stir in banana and pecans. Serve immediately. Makes 4 servings.

Chocolate Lovers Oatmeal

(quakeroats.com)

1 ¼ c. chocolate milk

2/3 c. oats, uncooked

1/8 t. salt

1 T. seimi-sweet chocolate pieces

In medium saucepan, bring milk just to a boil. Stir in remaining ingredients. Cook about 1 minute for quick oats and 5 minutes for rolled., stirring occasionally.

Cream of Wheat

(Wheat Cookin' Made Easy)

1 c. cream of wheat

2 c. cool water

Stir together ingredients in small saucepan. Bring to a low boil, stirring constantly, for 1 minute.

Add salt and honey or brown sugar to taste. Eat warm.

Cream of Wheat

Submitted by Beth

2 cups water

2 cups milk

1/2 tsp salt

2 cups coarsely ground wheat

(I have a Nutrimill grinder and I put it on the low and coarse settings. You want it to be the coarsest you can get it-- but not as coarse as cracked wheat. I think you could do it in the blender, you'd just have to let it blend till it got the right consistency.)

Bring water, milk and salt to a boil. Turn down the heat (or turn it all the way off) and slowly add the wheat while stirring constantly. If you got to fast or don't stir enough you get clumps-- ick. It thickens pretty fast, and then you just stir it until the desired consistency.

Cream of Wheat-Fancy

Beth

1/4 c. Cream of Wheat

1.5 T butter

2 T sugar

1/4 t kosher salt

1/4 t cinnamon

1/4 t vanilla extract

2 ¼- 2 1/2 c. milk

Melt 1 T of butter in a medium sauce pan over medium low heat. Once melted, add the cream of wheat and stir often until it just barely begins to brown. Stirring constantly, add 2 ½ c. milk, reserving the remaining 1/4 cup to adjust the consistency later. You'll get a burst of steam when you first start to add the milk to the frying cream of wheat, so watch out, but if you don't stir at this point, you'll get lumps. Once the milk has been added, turn the heat down to low, and add the salt, sugar and cinnamon. Let cook slowly for about ten minutes, stirring often, then stir in the vanilla and remove from heat. The porridge will continue to cook for a bit, and will thicken some as it cools. Consistency is key here -- you want the finished product to have the texture of a warm loose pudding, which means it needs to be on the liquidly side at this point. If it's too thick, add a bit more milk to thin it out. Cover the sauce pan and let it sit for five minutes or so, then stir in the remaining half T of butter and pour into two bowls.

MUFFINS

Alfalfa Sprout Muffins

(The Everyday Gourmet p. 90)

1 c. alfalfa sprouts	2 c. flour	1 c. whole wheat flour
1/2 c. brown sugar or honey	3 T. dry milk	2 T. applesauce granules
1 1/2 T. egg powder	1 T. baking powder	3/4 t. salt
2 c + 2 T. water		

Chop the alfalfa sprouts, set aside. In a bowl, mix the dry ingredients with a wire whip. Mix in the sprouts. Add the water to the dry mixture and stir only until combined. Spoon into greased muffin tins. Bake at 400° for 20-25 minutes.

Apricot Walnut Muffins

(Mason Jar Soup-to-Nuts Cookbook)

1 1/2 c. flour	1 c. oatmeal	1/2 c. chopped dried apricots
1/2 c. brown sugar	2 t. baking powder	1.4 t. baking soda
1/4 t. salt	1 T. egg powder	3 T. milk powder
1/2 c. walnuts, chopped		

Sift flour, baking powder and soda, milk powder, salt and egg powder. Mix in remain dry ingredients. Add 1 c + 2 T water and 1/4 c. oil. Do not overmix. Fill muffin tins 2/3 full. Bake at 375° for 20-25 minutes.

Brown Rice Muffins

(Mesa Kimball East Stake)

1 1/4 c. sifted flour	1 c. cold cooked brown rice	2 t. baking powder
2 eggs beaten	2 T. sugar	1 c. milk
1/2 t. salt	2 T. oil	

Sift together flour, baking powder, salt and sugar. Combine milk, eggs, oil and rice. Combine the two mixtures, Do not over beat as this will make heavy muffins. Pour into twelve buttered muffin tins. Bake at 425° for 20-25 minutes or until lightly browned.

Cream of Wheat Muffins

2 T. egg powder	1/2 c. oil	1 c. milk
1 t. vanilla	1 1/4 c. flour	3/4 c. cream of wheat
1/2 c. sugar	1 T. baking powder	1/2 t. salt
1/2 t. cinnamon	1/4 c. water	

Whisk together dry ingredients. Stir in milk, oil and water, just until moistened and still lumpy. Spoon into greased muffin tins. Bake at 400° for 20 minutes.

Ginger Spice Muffins

(Mason Jar Soup-to-Nuts Cookbook)

1 3/4 c. flour	1/2 c sugar	2 t. baking powder
1/2 t. salt	1 t. cinnamon	1/2 t. nutmeg
1/4 t. ginger	1/4 t. ground cloves	3 T. dry milk
1 T. egg powder		

Sift all ingredients and then mix with wire whisk. Add 1 c. + 2T. water, 1/4 c. oil and 1 t. vanilla and stir just until mixed. Do not over mix. Spoon batter into greased muffin tins. Bake at 400° for 15-20 minutes. Makes 12 Muffins.

Golden Pecan Muffins

(Mason Jar Soup-to-Nuts Cookbook, p.48)

1 ½ c. flour	½ c. sugar	½ c. chopped pecans
2 t. baking powder	½ t. cinnamon	½ t. salt
2 T. dry milk	2 T. egg powder	

Mix all together with wire whisk. Add ½ c. + 2T. water and ¼ c. vegetable oil, stir until mixed but still lumpy. Spoon into greased muffin tins, bake at 400° for 15-18 minutes.

Lean & Free Muffins

Dana Thornock's *Lean & Free 2000 Cookbook*

1½ c. whole wheat flour	¾ c. oats	2 tsp. baking powder
¼ tsp. salt		
1/3 c. honey	1 beaten egg	¾ c. milk or juice
2 tsp. oil	¼ c. applesauce	

Mix dry ingredients together. Mix wet ingredients together, combine just until moistened.

Optional: Add fruit (mashed bananas, pineapple, peaches, cranberries, blueberries, apples), nuts (walnuts, almonds, coconut), spices (cinnamon, nutmeg, ginger). Bake at 375° for 15-20 min.

Magic Malt-o-Meal Muffins

1 egg	4 T. oil	¾ c. milk
¾ c. Malt-o-Meal, Germade	1 ¼ c. sifted flour	½ c. sugar
3 t. baking powder	½ t. salt	

Stir all ingredients until moistened. Fill greased muffin tins ¾ full. Bake at 400° for 20 minutes.

Maple Bran Muffins

(Marlene's Magic with Food Storage p. 33)

¾ c. wheat bran	½ c. milk	1/2 c. maple syrup
1 T. egg powder	¼ c. oil	1 T. baking powder
1 ¼ c. whole wheat flour	½ t. salt	1/3 c. chopped nuts

Combine bran, milk and syrup. Mix in oil. Combine dry ingredients. Add bran mixture, witting until just moistened. Scoop into greased muffin cups and ate at 400° for 18-20 minutes.

Oatmeal Buttermilk Muffins

(The Everyday Gourmet p.87)

1 c. rolled oats	4 T. buttermilk powder	1 T. egg powder
1/2 c. brown sugar	½ c. whole wheat flour	½ c. all purpose flour
1 t. baking powder	1.2 t. baking soda	1 t. salt
1/3 c. oil or butter	1 c. + 2 T. boiling water	

Soak oats with water and let stand 30 minutes. Mix together remaining dry ingredients with wire whisk. Add into oat mixture along with oil. Stir just until moistened. Spoon into greased muffin tin. Bake at 350° for 20 minutes.

Pumpkin Muffins

(Simply Ready By Terri Johnson)

3 1/3 c. whole wheat flour	½ t. baking powder	½ t. baking soda
1 t. salt	1 t. cinnamon	½ t. cloves
1 ¼ c. sugar	2/3 c. oil	2 c. pumpkin
1 c. water	½ c. raisins, nuts or choc. chips (opt.)	

Combine all ingredients and mix well. Place in greased muffin tins. Bake at 350° for 15-20 minutes.

Sweet Rice Muffins

(The Everyday Gourmet p. 91)

1 T. egg powder	¼ c. brown sugar or honey	2 T. oil
2 T. milk powder	1 t. vanilla	1 c. cooked rice
1 c. flour	1 T. baking powder	1/2 t. baking soda
1/2 t. salt	2/3 c. water	

Mix water, honey, oil vanilla and rice. In another bowl whisk flours, baking powder and soda, egg powder and salt then add into wet mixture. Stir just until moistened. Spoon into greased muffin tins. Bake at 400° for 15-20 minutes.

Six Week Whole Wheat Muffin Mix

(Submitted by Yvonne Mortensen, Montana Wheat Recipe Book)

½ c. shortening	1 ¼ c. sugar	2 eggs beaten
2 c reconstituted milk	2 T. Vinegar	2 ½ t. Baking soda
4 ½ c. whole wheat flour (can use ½ white)		1 t. Salt

Mix vinegar into milk and let sit for 10 minutes. Cream together shortening and sugar. Add beaten eggs and mix. Add milk and dry ingredients and mix until moistened. Spoon into greased muffin tins and bake at 400° for 20 minutes. Cover remaining batter tightly and store in refrigerator up to 6 weeks. Yields about 5 dozen. (do not store in metal)

PANCAKES, WAFFLES AND FRENCH TOAST

Apple Cinnamon Pancakes

(The Mason Jar Soup-to-Nuts Cookbook p.28)

3 c. flour	½ c. chopped dried apples	3 T. sugar
2 T. baking powder	1 ½ t. cinnamon	1 t. salt
1 T. egg powder, sifted	1/3 c. dry milk powder	1 ¾ c. water
3 T. vegetable oil		

Mix dry ingredients together add in water and oil and mix until blended but lumpy. Cook on greased griddle. Makes 4 servings.

Blender Wheat Pancakes

(“I’ve got Food Storage Now What?”)

2 1/2c. water*	6 T. dry milk powder*	2 c. whole wheat, uncooked
4 T. whole egg powder*	4 T. oil	2 t. salt
2 T. baking powder	4 T. honey or sugar	

Put water, milk powder and wheat in blender. Blend on highest speed for 4-5 minutes or until batter is smooth. Add remaining ingredients and blend. Cook on med. Hot, oiled, griddle. Makes 12-18 pancakes.

For Waffles: Add additional 2 T. wheat and 4T. oil.

*Variation: Substitute 4 large eggs and 2 c. milk for; water, dry milk powder and egg powder.

Buttermilk Pancakes

(Essential Food Storage Cookbook, p.50)

1 c. flour	1 c. wheat flour	2 T. sugar
2 ½ t. baking powder	1 t. baking soda	¼ c. oil
¾ t. salt	2 T. egg powder	2 ¼ c. milk
2 T. vinegar		

Add vinegar to milk and let sit for 10 minutes. Blend dry ingredients together. Combine oil and milk. Add liquids to the dry ingredients. Beat only till well combined. Cook in a hot pan.

Variation: Use 2 c. buttermilk instead of milk and vinegar.

Apple Nut: Add 2 t. cinnamon, 2 c. reconstituted apples, drain, chopped, ½ c chop nuts to above.

Chocolate Pancakes

(Essential Food Storage Cookbook, p.50)

¼ c. sugar	2 eggs, beaten	1 ½ c. milk
2 T. vinegar	3 T. vegetable oil	1 2/3 c. flour
2 t. baking powder	1 t. baking soda	½ t. salt

1/3 c. unsweetened cocoa powder

Combine milk and vinegar in med. Bowl, and let sit 10 minutes. In meantime, combine flour, baking powder and soda, salt egg powder and cocoa powder. When milk is finished thickening; sugar and oil and whisk together. Add milk mixture to dry mixture and stir just until mixed.

Ezekiel Pancakes and Waffles

(Marlene's Magic with Food Storage p. 25)

2 c. Ezekiel Mix flour	2 ¼ c. milk	2 T. egg powder
2 t. baking powder	1 t. salt	¼ c. oil

Beat together and cook as usual.

French Toast

(I've Got Food Storage Now What?)

¼ c. milk powder	1 c. water	6 T. dry egg, sifted
¼ t. sugar	¼ t. salt	½ t. vanilla
¾ t. cinnamon	¼ t. nutmeg	6-8 slices bread

Beat all ingredients together except bread. Pour into a pie pan. Dip each slice of bread in egg mixture and fry in oiled pan. Sprinkle with powdered sugar or syrup.

German Pancake

(The Everyday Gourmet p.66)

¾ c. chopped dried apple	6 T. butter powder	1 ¾ c. cold water
6 T. egg powder	3 T. milk powder	1 t. sugar
1 c. flour	1.4 t. salt	1/2 t. vanilla

Pour 1 c. boiling water over apples and let sit 15 minutes until softened. Mix butter powder with 6 T. water and pour in bottom of greased 9x13 casserole dish. In large bowl mix all dry ingredients, stir in 1 ¾ c. water and vanilla. Pour into casserole dish and sprinkle with drained fruit. Bake at 400° for 20-25 minutes. Sprinkle with powdered sugar. Serve hot.

Griddle Cakes

(Rebekah Wilson)

1 ¼ c. flour	2 T. baking powder	1 T. sugar
½ t. salt	1 T. Egg Powder	1 c. milk
2 T. oil		

Mix well, cook on hot, greased griddle. Makes 8-10 cakes. Can be doubled or tripled.

Make Ahead Pancake Batter

eatwheat.com

2 t. dry yeast	2 c. warm water	1 T. sugar
1 ½ c. whole wheat flour	½ c. unbleached flour	1 T. baking powder
½ to ⅔ c. dry buttermilk powder	1 t. baking soda	½ t. salt
3 eggs	2 T. oil	

In bowl: stir yeast and sugar into warmish water. Let stand 5 minutes. Mix together and add to yeast mixture: whole wheat flour, unbleached flour, dry buttermilk powder, baking powder, baking soda, sea salt. Stir eggs and oil, add to pancake mixture, mix just to moisten. Add a little more water if needed for correct pancake consistency. Cover and refrigerate up to 1 week.

Oatmeal Pancakes

(quakeroats.com)

1 ¼ c. flour	½ c. oats	2 t. baking powder
¼ t. salt	1 ¼ c. milk	1 egg, beaten
1 T. vegetable oil		

In large bowl, combine flour, oats, baking powder and salt; mix well. In medium bowl, combine milk, egg and oil; blend well. Add to dry ingredients all at once; stir just until dry ingredients are moistened. Do not overmix. Add one of the stir-in options, if desired; mix gently. Heat skillet over medium-high heat. Lightly grease skillet. For each pancake, pour ¼ c. batter into hot skillet. Turn when tops are covered with bubbles and edges look cooked. Turn only once. Makes 12.

Oatmeal Waffles

Jennifer Edgecomb

1 c. rolled oats	½ tsp. baking soda	½ c. wheat flour
½ tsp. salt	2 eggs	2 Tbs. melted butter
2 Tbs. lemon juice + milk to make 2 c. and let stand 5 minutes		

In a bowl, combine dry ingredients. In another bowl, combine wet ingredients. Combine the two. Let sit for 1-2 minutes, for oats to absorb some of the liquid. Bake in a waffle iron.

Oatmeal Cinnamon Pancake

(Mix-a-Meal / One-Dish Meals)

2 c. quick oats	½ c. brown sugar	1 c. flour
1 c. whole wheat flour	1 T. + 1 ½ t. baking powder	½ c. instant dry milk
2 ½ t. salt	1 T. cinnamon	¼ t. cream of tartar
4 T. whole egg powder (4 eggs)	⅔ c. vegetable oil	2 c. water
½ c. water (if dry eggs)		

Mix together thoroughly. Pour batter, ¼ c. at a time on lightly greased griddle over med. heat.

Overnight Cinnamon French Toast

(Wheat Cookin' Made Easy)

3 T. egg powder	1/3 c water	1/2 c. milk
1/8 t. baking powder	1/4 t. cinnamon	1 t. vanilla
6-1 1/2" thick slice of sourdough bread		4 T. butter or marg.

Beat together all food except bread and butter. Place bread slices on a rimmed baking sheet and pour egg mixture over top. Turn each slice of bread over to be sure all bread is coated with egg mixture. Cover baking sheet with plastic wrap and refrigerate overnight.

To Make: Melt butter in large frying pan and fry bread slices on both sides until golden brown. Serve with Cinnamon Syrup.

Pumpkin Pancakes

(Essential Food Storage Cookbook, p. 52)

2 c. flour	2 T. brown sugar	1 T. baking powder
1 t. pumpkin pie spice	1/2 t. salt	3 T. powdered egg
2 1/4 c. milk	1/2 c. pumpkin	1/4 c. vegetable oil

Combine dry ingredients. Mix wet ingredients, add to dry ingredients and mix just until combined. Cook over medium heat on greased griddle, 1-2 minutes per side. Serves 4.

Pumpkin Waffles

(Essential Food Storage Cookbook, p.51)

2 1/2 c. flour	2 T. sugar	1 T. baking powder
1 t. salt	1 t. cinnamon	1/2 t. ground ginger
1.4 t. nutmeg	3 T. egg powder	2 1/4 c. milk
1/2 c. vegetable oil	1/2 c. canned pumpkin	

Combine dry ingredients. In another bowl combine wet ingredients, then add to dry mixture. Mix well. Cook until golden brown. Serves 4. These freeze well and can be re-cooked in toaster.

Sourdough Pancakes

2 c. flour	3 T. sugar	1 T. yeast
1/2 t. salt	2 c. warm water	

Mix in plastic or glass bowl till blended. Cover with cloth and set in warm place out of draft. Stir several times each day. Let ferment 2 to 3 days. To use, remove starter needed for recipe then refrigerate remaining starter. Replenish every 7 to 10 days by stirring equal amounts of water and flour. Let stand at room temperature overnight and return to fridge. To make pancakes just scoop out and cook on greased griddle.

Whole Wheat Waffles

(www.shire.net/mormon)

1 c. whole wheat flour	5 t. baking powder	1/3 c. powdered milk
1 T. molasses or sugar	2 eggs	1 1/3 c. cold water
2 T. oil		

Mix dry ingredients together. Add in wet ingredients. Mix just until blended. Cook on greased waffle pan.

ON THE LIGHTER SIDE

Tropical Breakfast Parfait

(Rachael Ray)

2 c. vanilla yogurt

1 sm. can mandarin oranges

¾ c. Rice Krispie cereal

1 c. berries or pineapple

Put 2 T. yogurt in 4 juice glasses. Top with 4 orange slices. Shrink the oranges w. 1 ½ T. cereal followed by 2 more T. yogurt. Top with fresh fruit and sprinkle of cereal.

MIXES

Quick Mix

5 c. whole wheat flour

5 c. white flour

1/3 c. + 2 T. baking powder

1 ½ c. non-instant powder milk

3 1/2 t. salt

1/3 c. sugar

2 c. vegetable shortening (1 ¼ c. DH shortening)

2 t. cream of tartar

Sift dry ingredients together. Mix together well. Cut shortening into dry ingredients until it looks like cornmeal. Store in tightly covered container in cool place.

Apple Pancakes

1 c. hydrated DH apple slices

2 c. Quick Mix

1 T. egg powder, sifted

½ t. cinnamon

Pinch nutmeg

1 ½ c. water.

Drain apples, reserving juice; chop finely. Whisk together dry ingredients. Add apples and water to dry ingredients; whisk just until combined. Let stand 5 minutes. Cook in hot oiled griddle.

Applesauce Pancakes (Ultimate Bisquick Cookbook): Mix 2 c. quick mix, 1 c. applesauce, ½ c. milk, 1 t. cinnamon and 2 eggs until blended. Cook on greased skillet.

Biscuits: Combine 2 c. Mix with ½ c. water. Lightly pat out on floured board until ½". Cut with a knife or a cutter dipped in flour. Place 2" apart on a greased baking sheet. Bake at 400° for 10-12 minutes. Makes 12.

Drop Biscuits: Combine 3 c. Quick Mini Mix with 1 c. water. Stir vigorously until blended and drop by teaspoons onto greased baking sheet. Bake at 400° for 10-12 min. Makes 12-18 biscuits.

Breakfast Bread: Combine 2 eggs and ¾ c milk. Add 2 c. quick mix, ¼ c. brown sugar, ½ c. raisins. Pour into greased 9x9 pan. Top with: ½ c. brown sugar, 2 t. cinnamon, ½ c. nuts. Bake at 350° for 35-40 minutes.

Carrot-Walnut Coffee Cake (Ultimate Bisquick Cookbook)

2 c. quick mix

2 T. sugar

1 ½ t. pumpkin pie spice

½ c. chopped walnuts

½ c. shredded carrots

½ c. raisins (opt)

2/3 c. milk

2 T. oil

1 Egg

Streusel: Mix ½ quick mix, 1/3 c. brown sugar, 2 T. butter

Mix dry ingredients together then stir in wet ingredients until well blended. Pour into greased 8" square pan. Top with streusel. Bake at 375° for 30-35 minutes.

Coffee Cake (El Camino High School Cooking Class)

4 c. Quick Mix	1 c. sugar	2 eggs
1 c. milk	1 t. vanilla	
Topping (mix all together until crumbly):		¼ c. butter or marg (or oil)
1/4 c. Quick Mix	1 c. brown sugar	4 t. cinnamon

Mix sugar, milk, egg and vanilla until blended, add in quick mix, stir just until blended. Spread ½ of batter into greased 9" pan, sprinkle with ½ of topping and repeat. Bake at 350° for 40 min.

Cornbread Waffles: Mix 1 ½ c. quick mix, ½ c. cornmeal, 1 t. cinnamon, 1 1/3 c. milk, 2 T. oil, 1 egg until blended. Cook waffles according to directions.

Muffins: Whisk together 2 c. Simply Ready Quick Mix, 2 T. sugar, 1 T. dry egg and ¾ c. water just until moistened (*or use 1 egg and omit egg powder and 2 T. water*). Use ice cream scoop to drop in greased muffin tins and bake at 400° for 15-20 minutes. (8 muffins)

Apple Muffins: add 2 to 4 T. brown sugar, 1 to 2 tsp. cinnamon, 1/2 c. chopped apple (can leave the peeling on, and chop the apple quite finely)

Banana Nut Muffins: add 2 to 4 T. sugar or brown sugar, 1/2 c. mashed very ripe banana, 3 T. chopped nuts

Berry Muffins: add 1/4 c. sugar, and 1/2 c. fresh or frozen blueberries or other berries (if the berries, such as strawberries, are large: dice them, then measure).

Chocolate Chip Muffins: add 1/2 c. Choc. Chips, 1/2 t. cinnamon, 1/4 t. cloves

Cinnamon Raisin: add 1/3 c. soaked raisins (drain), 1 T. cinnamon. Also, use the raisin-soaking water for all or part of the 1/2 c. liquid.

Corn Muffins: add 1/2 c. cornmeal + increase oil to 3 T. (use stoneground cornmeal for the extra nutritional value). If you like a sweeter corn muffin, add 2 T. sugar.

Gingerbread muffins: add 2 T. whole wheat flour, extra 1 T. water, 2 to 4 T. brown sugar, 1 tsp. cinnamon, 1 tsp. ginger, 1/2 tsp. nutmeg, 1/4 tsp. cloves or allspice

Lemon Muffins: add 3 to 4 T. sugar, 1 tsp. lemon zest, juice of one lemon + water to equal the 1/2 cup liquids. Can add 1/4 c. chopped walnuts.

Nutmeg Muffins: add 2 to 4 T. sugar, about 2 tsp. nutmeg, 1/2 tsp. vanilla; plus 2 tsp. vinegar to the water.

Oatmeal Muffins: add 1/3 c. dry quick oats + increase oil 2 T. more; (can also add 1 to 2 T. sesame seeds, 1 to 2 T. coconut, and 1/2 tsp. vanilla)

Orange Muffins: Add 1/4 c. tang powder and 1 t. dried orange peel. Stir gently for 45 strokes before filling muffin pans.

Raspberry Muffins: Add ½ c. raspberry nuggets and ½ t. cinnamon to batter

Rice Muffins: add 1/2 c. COOKED leftover brown or white rice + extra 1 T. oi

Pancakes and Waffles: Mix: 4 c. Quick Mix, 2 c + 2T. water and 1T. powdered egg, Cook on lightly greased griddle or waffle iron at medium heat. Yields 24 pancakes or 8 waffles.

Granola Pancakes: Add 1 c. dry granola to batter and cook as usual.

Apple Oatmeal Mix

(The Mason Jar Soup-to-Nuts Cookbook p. 34)

3 c. quick cooking oats ½ c. chopped dried apples ½ c. brown sugar
½ c. dry non-dairy creamer 2 t. cinnamon 1 t. salt

To Make: Put ½ c. mixture in bowl and add 2/3 c. boiling water and gently stir. Let stand 2 minutes to thicken, then stir again. Makes 8 servings.

Basic Buttermilk Baking Mix

(Gifts for Giving)

10-1/2 c. all purpose flour ¼ c. baking powder 1-1/2 T. salt
½ c. sugar 2 c. shortening 1 c. buttermilk pdr.

1 ½ t. baking soda 2 t. cinnamon

Mix all the ingredients together in a large bowl until it resembles coarse crumbs. Store in an airtight container for up to 3 months. Makes 13 c. mix.

Buttermilk Pancakes: Blend 2 c. mix, 1 2/3 c. milk and 1 egg until smooth; pour batter by ¼ c. onto greased, hot griddle or skillet. Wait for bubbles to form, flip and heat until golden. Makes 18

Biscuits: Combine 2 c. mix and 2/3 c. milk until a soft dough forms; stir 15 strokes. Knead dough 8-10 times until smooth; roll out to 1/2" thickness. Cut with floured biscuit cutter or drinking glass; bake on greased baking sheet at 450° for 10-15 minutes. Makes 12.

Buckwheat Pancake Mix

2 c. buckwheat flour 2 c. whole wheat flour 1 t. salt
2 T. brown sugar 4 t. baking powder 4 T. egg powder
1/2 C. powdered milk

Mix all the above with wire whisk.

To make: Combine 1 c. mix with 1 c water and 1 ½ T. oil, mix well but slightly lumpy. Cook on lightly greased griddle. Makes 8 servings.

Buttermilk Waffles

2 c. flour 1 ¼ c. buttermilk powder 1 c. dry milk
2 T. sugar 2 t. baking powder 1 t. baking soda
½ t. salt 2 T. egg powder

Sift all together and then mix with whisk until well blended. Store in jar.

To Make: Mix 2 c. mix with 1 c. water and 2 T. vegetable oil. Mix gently until well blended.

Pour 1.2 c. onto hot waffle iron, cook until golden brown.

Chocolate Chip Pancake Mix

3 c. flour 1 c. chocolate chips 2 T. baking powder
1 ¼ t. salt ½ c. powdered milk 3 T. sugar

Mix all ingredients and store in jar.

To Make: Combine 1 c. mix with ½ c water and 1 T. oil, mix until lumpy. Cook on lightly greased griddle. Makes 4 pancakes.

Five Grain Pancake Mix

(Cooking with Chef Brad)

6 c. wheat	1 c. barley	1 c. rye
1 c. oat groats	1 c. brown rice	4 c. powdered milk
3 t. salt	1 c. baking powder	

Mix grains together and grind into flour. Add remaining ingredients. Store in freezer until needed.

To Make: Mix: 1 c. pancake mix, 1 egg, ½-¾ c. water, ¼ c. sugar, 2 T. oil then cook on griddle.

Hearty Hot Cereal

Submitted by Michelle Challman

7 c. water	1/2 c. pearl barley	1/2 c. Rolled or Irish oats
1/2 c. short-grain brown rice	1/2 c. chopped DH apples	1/2 c. raisins
1/4 c. brown sugar	1/2 t. salt	1/2 t. cinnamon

In a large saucepan, combine the water, barley, rice, oats, apples, raisins, brown sugar, salt, and cinnamon. Bring to a boil over high heat. Reduce the heat to medium-low, cover, and simmer stirring occasionally, for 45 minutes. Uncover and simmer, stirring occasionally, for 10 minutes longer, or until all the water is absorbed and the cereal is creamy. **Hint:** All dry ingredients can be mixed up ahead of time and stored in freezer bags, etc. Makes 6 servings

Hot Cereal Mix

(The Everyday Gourmet p.59)

1 c. rolled oats	1 c. wheat flakes	1 c. barley flakes
1 c. instant dry milk	½ t. cinnamon	1.2 t. salt
1 c. dried fruit, chopped		

Preheat oven to 450°. Mix grains together and spread in a shallow pan. Toas in oven until brown, about 5-7 minutes. Watch closely and stir to prevent burning. Remove from oven and cool. Stir in dry milk, seasoning and fruit. Store in airtight container.

To serve: Mix cereal with hot water, mix and serve. Add sugar or honey to taste.

Mueseli Oatmeal Mix

(Make-a Mix, p. 34)

8 c. quick-cooking oats	1/2 c. brown sugar	2 t. salt
2 ½ t. cinnamon	1 ½ t. nutmeg	1 ½ c. dried apples
½ c. dry milk		

Break up apples in small pieces. Combine all in large bowl with wire whisk. Store in 10 c. container up to 6 months.

To Make: Bring 1 c. mix and 2 ¼ c. water to a boil, simmer 10 minutes.

SYRUPS and SAUCES

Apple Juice Syrup

1/2 c. sugar	1/8 t. nutmeg	4 t. cornstarch
1/2 t. cinnamon	1 c. apple juice	1 T. bottled lemon juice
2 T. butter		

In small saucepan; whisk together dry ingredients. Add juice and bring to boil, stirring. Remove from heat; stir in lemon juice and butter. Serve over pancakes, waffles or French toast.

Brown Sugar Syrup

(The Everyday Gourmet p 232)

1 c brown sugar, packed	1/4 c. water
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Mix both ingredients in a saucepan. Bring to a boil just until the sugar melts to a syrup. Serve.

Cran-Apple Topping

Melt 3 T. butter in a saucepan, add 3 c. re-constituted apples (soaked and drained, chopped), 3 to 4 T sugar, dash sea salt, 1 T. lemon juice; cook until tender. Add 1 c. whole cranberry sauce, heat and stir.

Cheese Sauce

(The Everyday Gourmet p. 221)

1/4 c. white cream sauce	1+1/4 c. water	1/4 c. cheese powder
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Mix together cream sauce mix and 1 c. water in small pan, heat, when warm add cheese powder that has been dissolved in 1/4 c. water. Whisk together, add dash of cayenne pepper and continue to heat and stir until thickened. Great over potatoes or eggs.

Cinnamon Syrup

1 c sugar	1/2 c. light corn syrup	1/4 c. water
1 t. cinnamon	1/2 c. evaporated milk	

In small pan, stir together everything but cream. Stirring constantly, bring to a boil and boil for 2 minutes over medium heat. Remove from heat and stir in cream. Cool. Can be warmed in micro.

Creamy Maple Syrup

(Essential Food Storage Cookbook, p.58)

1 c. sugar	1 c. brown sugar	1 c. water
1/3 c. powdered milk	1 t. maple flavoring	1.2 t. vanilla
2 T. butter		

Bring sugars, water and milk to a boil over medium heat, stirring constantly. Cook and stir for 2-3 minutes. Remove from heat and add flavorings and butter.

Honey Cinnamon Syrup

(Essential Food Storage Cookbook, p. 57)

3/4 c. honey	1/2 t. cinnamon	1/2 c. butter
1/2 t. vanilla		

Heat all in ingredients, except vanilla, in a saucepan, stirring occasionally until butter melts and syrup is hot. Remove from heat and stir in vanilla.

Maple Syrup

(Rebekah Wilson)

1 c. light corn syrup

½ c. brown sugar

½ c. water.

Maple flavoring

Combine and cook, stirring until sugar dissolves. Add a few drops of maple flavoring. Slowly cook until desired thickness. Add 1 t. butter (opt). Serve hot. Can be made ahead and placed in refrigerator to use when needed. Makes 2 c. syrup.

Strawberry Fields Sauce

(The Everyday Gourmet p.232)

1 c. water

1 c. dried strawberries/fruit

2 c. brown sugar or part corn syrup

In saucepan, add water to dried fruit. Let sit for 10 minutes to rehydrate. Place the pan over high heat and bring to a boil. Add the sugar, reduce heat to low and simmer for 10 minutes. It will thicken as it cools. Chill leftover syrup.

Raspberry Sauce

(The Everyday Gourmet p.231)

1 ½ c. boiling water

2 c. Freeze-dried raspberries

½ c. corn syrup/honey

¼ c. maple syrup

¼ c. raspberry preserves (opt)

Pour boiling water over berries. Let stand 10-15 minutes. Stir well and drain out excess water. Add the syrups and beat with a whisk. Add in the preserves if desired.

Vanilla Syrup

Submitted by Linda Judd

1/2 c buttermilk

1c sugar

1/2c marg. or butter

1/2 tsp baking soda

1 tsp vanilla

Bring buttermilk, sugar and margarine to a boil. Remove from heat and add soda and vanilla. Stir, the mixture will become very bubbly. Serve immediately. Does not store well.